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Definition of Healthy Diet for Healthy People: Data from Epidemiological Studies

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Message from the Guest Editors

Dear Colleagues,

A healthy diet prevents many chronic-degenerative diseases and ensures a healthy and long life. But what is a healthy diet? A large number of epidemiological studies provide data regarding dietary predictors of negative health outcomes. This Special Issue of *Nutrients*, entitled “Definition of Healthy Diet for Healthy People: Data From Epidemiological Studies” aims to sample a number of contribution by well-recognized experts in order to analyse the predictors of a good health and healthy aging, with the aim of defining the concept of a “positive nutrition”. Consensus documents, narrative reviews, systematic reviews, meta-analyses, and epidemiological trials resuming and reporting data on dietary components and dietary patterns associated with human longevity and good health in different geographical settings are welcome. Preclinical studies are also welcome, but only if they have a direct impact or relationship with human health and longevity.

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Special Issue



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